

AUGUST

- + I have the strength to face the challenges before me.
- + I choose to feel good about myself each day.
- + I will take charge of my time and achieve my goals.
- + I make space for quiet moments and see it as an opportunity to enjoy my own company.
- + My imperfections make me unique and special.
- + I am authentic in every situation.

S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				